



## **CAESAREAN SECTION POST-OP INSTRUCTIONS**

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1) DISCHARGE MEDICATIONS: \_\_\_\_\_

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2) ACTIVITY INSTRUCTIONS:

- a) NO LIFTING GREATER THAN BABY'S WEIGHT
- b) NO PUSHING, PULLING, OR TUGGING
- c) NO DRIVING FOR 2 FULL WEEKS AFTER DISCHARGE
- d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING)
- e) NO EXERCISING OTHER THAN NORMAL PACE WALKING
- f) SWIMMING AND BATHING IS OKAY

3) WARNING SIGNS:

- a) HEAVY BRIGHT RED BLEEDING
- b) FEVER GREATER THAN 100.4 DEGREES
- c) WOUND BECOMING RED AND HOT
- d) WOUND DRAINING AND/OR SEPARATING
- e) GREEN OR YELLOW VAGINAL DISCHARGE
- f) VAGINAL DISCHARGE WITH FOUL ODOR
- g) NAUSEA & VOMITING OR INCREASED ABDOMINAL PAIN
- h) BREAST(S) BECOME BRIGHT RED, FEVERISH AND VERY TENDER

**IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME**

4) EXPECTATIONS:

- a) BLEEDING FOR UP TO 3-4 WEEKS POST-OP
- b) CLEAR TO WHITE DISCHARGE FOR 2-3 WEEKS AFTER BLEEDING
- c) CONSTIPATION OR CHANGE IN BOWEL HABITS
- d) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
- e) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
- f) NUMBNESS AROUND INCISION
- g) SHARP PAINS AT SITE OF ABDOMINAL CLOSURE
- h) BRUISING AND/OR SWELLING AT OR AROUND INCISION
- i) IF BREASTFEEDING EXPECT UTERINE CRAMPING WHILE NURSING
- j) CALL FOR ANY NURSING PROBLEMS
- k) CALL FOR ANY PROBLEMS WITH BREASTS
- l) IF NOT BREASTFEEDING USE ICE PACKS, FROZEN CABBAGE LEAVES & WEAR SNUG BRA 24 HOURS A DAY TO HELP DRY UP LACTATION

5) FOLLOW UP VISIT:

a) APPOINTMENT FOR STAPLE REMOVAL: \_\_\_\_\_

b) POST-OP VISIT APPOINTMENT: \_\_\_\_\_

6) DIRECT ANY ROUTINE QUESTIONS TO MY OFFICE

MONDAY THRU FRIDAY 8 A.M. TO 5 P.M.

(318) 212-7840

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